

The Mind is Like a Muscle . . .

WORK IT!



One of the most common myths about aging is that senility and dementia are inevitable. That's simply not true, since most older people continue to lead mentally active lives.

As brain research advances, experts are finding that some of the physical and mental changes normally associated with aging may not be normal at all, but instead, the result of treatable and preventable health conditions.

By some estimates, only 30% of physical aging can be traced to our genes. The rest is up to each person.

If you're worried about some short-term memory loss or increased difficulty when learning new things—both can occur as people age—there's good news.

Keeping the mind active can actually help improve its functioning. That's because an active brain produces dendrites (connections between nerve cells that allow communication), which helps memory.

According to an AARP study, developing and maintaining good mental health is as important to a person's quality of life as maintaining good physical health. Conversely, AARP also found that diet and exer-

cise are crucial for physical and mental well-being at any age.

The Importance of Diet & Exercise

The food choices we make throughout our lives can prevent the likelihood of contracting many diseases that cause premature death and disability.

Three long-term studies following 300,000 people suggests that although there are some nutritional changes associated with aging, for the most part what is considered a healthy diet at age 40 is still considered a healthy diet at age 70 or 80.

These studies also found that regular exercise is the single most important thing anyone can do to improve overall health and well-being.

Regular aerobic activity increases levels of brain chemicals that encourage the growth of nerve cells, which may be the reason moderately strenuous exercise is associated with enhanced memory skills.

By constantly challenging your mind, you can slow or even stop mental aging. While physical exercise improves your body and mind, mental exercise causes changes in brain tissue, which allows you to lead the mentally active life all people crave.

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Each January, your tax statement is mailed to the address on record with us. Having your mail forwarded through the postal system is not a guaranteed method of receiving mail.

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This free, one-day workshop examines financial scams, the effects of inflation, estate planning, group insurance benefits, and health & leisure.

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